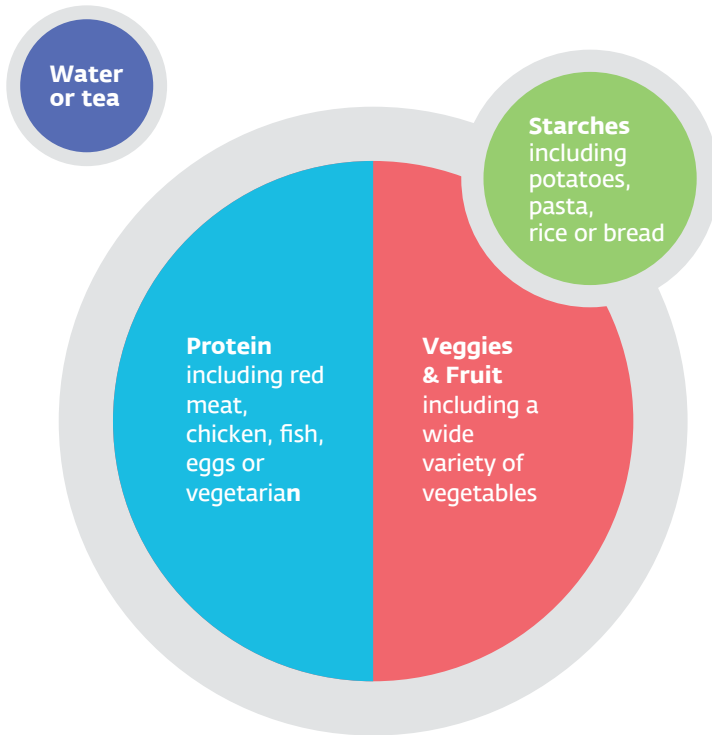
# Post Workout Meal

**Your first meal after an instant workout:**

**Water or tea**

**Starches** including potatoes, pasta, rice or bread

**Protein** including red meat, chicken, fish, eggs or vegetarian

**Veggies & Fruit** including a wide variety of vegetables

- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

Souce: Precision Nutrition